



Heartline

Residential

2020 Website Program Description



Heartline

Empower yourself through connection to Heart Consciousness, and transcend limiting beliefs moving into a place of self-love and acceptance

Residential Program

\$2,195.00

5 Days + 6 Nights

Prerequisites

[Gateway Experience](#)

[Gateway Voyage](#)

[Gateway Voyage Virtual Retreat](#)

Only one of the prerequisites above is required

Expand your capacity to love and trust. Explore your greater capacity for joy, love, and trust. This retreat gently guides you using the Hemi-Sync® sound frequencies of Focus 18. Weaving powerful audio-guidance technology and techniques to support you in exploring your awareness of self while creating space for emotional healing.

Generate love and send it out consciously to the world. The heart is the source of love in our being. Reacquaint yourself with your feelings remembering who you are. Access greater depths of your being and open to greater self-love and self-acceptance. To love and accept others, you must first develop love and acceptance for yourself.

Facilitate emotional healing. Go beyond your limiting beliefs to experience gratitude flowing throughout your body. Gain a deeper understanding and appreciation for life.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Semi-Private Rooms

Standard accommodations are double-occupancy rooms.



Free Wi-Fi

Free Wi-Fi is available for guests



Daily Meals

Our dining menu offers many healthy fresh options with a farm-to-table philosophy.



Shuttle Service

Local area, shuttle transportation is included on the first and last days of each program.



Swimming

During afternoon breaks, enjoy a dip in the swimming pool or lake (weather-permitting).



Massage

Massages are available during weeklong retreats during afternoon breaks. (additional fee)